

# Nutrition News

*Provided by Virginia Tech Dining Services*

## STAYING ON TRACK DURING THE HOLIDAY SEASON

### FAST FACTS

- **Remember to keep balance in your diet—splurge on those items that you really enjoy and skip out on those that you don't.**
- **Stay active! Bundle up and do outdoor activities when you can such as shoveling snow & walking.**
- **Watch your beverage intake—traditional holiday beverages are often full of extra fat & calories.**
- **Make simple substitutions at the dinner table and in the kitchen to cut back on unwanted fat, sugar, calories and sodium.**
- **MODERATION is key during the holiday season—every food can fit in a healthy diet in moderation**

Information obtained from eat-right.org and the American Heart Association



Looking to avoid holiday induced weight gain this season? Try making some simple and easy changes to your seasonal meals to kick the new year off right.

The beginning of the holiday season is the perfect time to start honing in on your new years resolutions. It's important to make your goals realistic during this time of year when high calorie foods and beverages are plenty. Weight loss goals might not be the most feasible during the holiday season— instead look to maintain your weight and make better food selections during mealtimes.

Use a smaller plate whenever eating a meal at an event such as a holiday dinner, especially if it is buffet style. This will help cut down on the amount of food you put

on your plate. Make sure you move away from the food once you are finished eating— standing near easy to access food during mingling hours can result in unwanted grazing. Also, scope out your food choices ahead of time before the meal is served. Decide what you are going to eat so you

less likely to over eat later. And remember to watch what you are drinking as well. Holiday beverages are often loaded full of calories, fat and sugar. Always bring a dish if you can— if you choose to prepare a healthy option then you're guaranteed to have at least one healthy choice. Get ade-



won't be tempted to put too much on your plate. Try having a small, healthy snack prior to a big holiday meal to curb your hunger. This strategy will make you

quate exercise during these cold winter months! Go sledding, shovel snow, bundle up and go for hikes or a walk and try indoor activities as well such as workout videos.

## TIS' THE SEASON TO MAKE CHANGES!

Eggnog— fill your glass 1/2 to 3/4 with skim or 1% milk and then top with eggnog to still get that rich flavor without all the added calories & fat.

Skip the whipped cream— on desserts or on hot beverages!

Eat the lighter meat from the turkey & ditch the skin for a lower calorie/fat option.

Skip out on the gravy & sauces or limit to 1 TBSP— gravies are full of fat and sodium.

Swap the salt and butter for herbs & spices at the dinner table.

If you're preparing a dish or meal, use fresh produce instead of canned to cut back on the sodium.